

MEDIA RELEASE

BIPOLAR BEARS BAND



Rockin' For Mental Health Secondary Schools Program

The **Bipolar Bears** are Australia's best loved band rockin' for mental health.

The band has performed hundreds of gigs from Sydney Opera House to psych wards, the iconic Espy Hotel, St Kilda festival, Federation Square, Brisbane Powerhouse and in most country towns in Victoria.

They have collaborated with some of Australia's iconic music artists including Tim Rogers (You Am I), Ross Hannaford (Daddy Cool), Pete Satchell (Dallas Crane) and Russell Morris. In 2010, SBS Television featured the band in a three part documentary series.

The Bipolar Bears are passionate about entertaining and educating on mental health issues and fighting stigma around mental illness. Adam, the band's bass player says, "We're about making great music and spreading a positive message, because music has been such a big part of our own recovery".

The band has developed a fantastic secondary schools program titled ***Rockin' for Mental Health***. The one-hour presentation sees the three band members share their stories through songs and discussions. The content comes directly from the band members' personal experiences, touching on symptoms of mental illness, their strategies for maintaining good mental health and where to find help.

The rock band plays original songs as well as popular covers relevant to mental health and the student age group. Their lyrics boldly take on the issues of mental illness:

Now that I've shaken off the mad man's chain kicked off the fickle dust of society's blame, don't have to convince myself that I am sane, I can stand up tall and shout my name. – Mad Man's Chain

Rockin' For Mental Health is adaptable to school assemblies or specialised classes and is suitable for grades 8 – 12. The band has performed the show to over 800 students at Sacred Heart College in Kyneton and received rave reviews.

Rockin' for Mental Health can be booked throughout the year and is an excellent addition to the curriculum during Mental Health Week from 5 – 11 October 2014.

The Bipolar Bears band is part of Wild@heART Community Arts, creating arts participation opportunities for people who experience disability or mental illness.

Like Bipolar Bears Band on Facebook:

<https://www.facebook.com/bipolarbearsaustralia>

Visit the Bipolar Bears Band website:

<http://www.bipolarbears.com.au>

For school bookings and enquiries contact:

Phil Heuzenroeder
Artistic and Managing Director
Wild@heART Community Arts

Email: phil@wildatheart.org.au
Mobile: 0402 812 428

Wild@heART

Community Arts

BIPOLAR BEARS BAND MEMBERS



Daniel McGuinness
(Guitar/Vocals)



Adam Pollock
(Base/Vocals)



Mick Seymour
(Drums)